e transfer of the second secon

Tuesday, March 15, 2011 www.metronews.ca





Continuing Education and Extension

Can you imagine...

a new career
a promotion
staying competitive
discovering a new talent
helping your community

Choose from 500+

courses in management, health and community, computers, arts, corporate training, languages and more.

Visit our website and enter for a chance to win an **Apple iPad**.



- Scan the code to the right to view our contest page
- No QR reader?
 Visit http://m.lynkee.com with your mobile and download the app.







mtroyal.ca/conted



Can you imagine...

continuing education programs that...

- help you update your workplace skills or change careers
- · suit adults who may or may not already have a degree
- · allow you to pursue subjects that interest you
- are often scheduled evenings and weekends and many online so that you can learn and keep working
- can be completed within a shorter time frame than a degree some within a few months to one year
- · are developed in partnership with business and industry to ensure that the certificate or designation is recognized by employers

This March choose from 500+ classes such as...

Project Management Environmental Management
Event Management Technical Writing
Management Development Nonprofit Management

Marketing Conflict Resolution
Public Relations Massage Therapy
Business Analysis Yoga Therapy

Business Process Management International Community Development

Supply Chain Management

Real Estate

Funeral Director and Embalmer

Financial Planning

Children's Mental Health

Human Resources

Police Studies

Human Resources Police Studies
Payroll Aromatherapy
Certified Internal Auditor Wellness Courses

Contract Management Green Childcare Seminar Series

Addiction Studies

CAPPA

Petroleum Land Contract and Administration

Petroleum Joint Venture Building Green with LEED

Floral Design

Residential Decorating

Photography

Office Computer Skills

Publishing Web Design Web Foundations

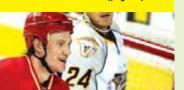
Google us to find much, much more!

Empowering people to realize their full potential, one learner at a time.





JAY BOUWMEESTER A GAME AWAY FROM REACHING A MILESTONE (page 22)



PROVING IT

HOUSEWIFE **DELIVERS IN** FORENSICS (page 14)

www.metronews.ca

News worth sharing.





Honouring fire victim may lead to a lawsuit Tiffany Cox suffered fatal injuries in a 2009 basement fire • Mother plans to sue estranged husband selling device aimed at preventing similar tragedy JEREMY NOLAIS



Legal action is pending over a product be-

ing sold in the name of a woman who died following a 2009 Calgary basement fire, says her mother.

As fire broke out, Tiffany Cox attempted to escape through a window but was blocked by security bars.

In the months following the tragedy, a businessman brought forth the idea to Cox's mother, Mitzi Gaudry, and her husband, Ernie Halliday, to create basement security bars that would collapse into an escape ladder with the push of a button.

Gaudry said she was always under the impression that 30 per cent of the profits would go toward Cox's family. However, when she and Halliday separated last year, she said he took the product and ran.

"It's the principle, it's not even necessarily the money," Gaudry said. "I needed this to be part of my healing ... I'm her mother." Halliday, who has been outspoken

Retail price

- Tiffany Bars retail for \$499 each. The product has yet to be sold to anyone but was show cased at the Calgary Home and Garden Show last month.
- Calgary intellectual property lawyers unrelated to the impending suit said yesterday that information widely known to the public is typically acceptable to use to sell a product.

about the dangers associated with illegal basement suites since the 2009 incident, said he was not willing at this time to discuss profit-sharing agreements with regards to the product, now called Tiffany Bars.

"This is something for Tiffany," he said. "This is her legacy. This is how she's going to live on."

Gaudry said she plans to launch a lawsuit the moment she can afford it.

"This is not how Tiffany would want it," she said. "This is destroying her family."

Raising relief for Japan

▶Exchange students Manami Yabe and Narumi Matsuo accept donations for Japan yesterday.

Together with the Japanese Students' Association and University Multi-Asian Club at the University of Calgary, students held a bake sale yesterday at the science theatres to support relief efforts in Japan. The Pacific island nation was rocked by an earthquake and resulting tsunami last week and is now under threat of nuclear meltdown. For more coverage on the devastation in Japan, see page 6.

A faster way to the airport

Calgary Transit launches new express bus route (page 4)

Keep your teeth clean

Brushing, flossing can extend your life by 10 years {page 18}

Spend \$38.00 or more at our Elizabeth Arden Counter and you will receive a beautiful 6 piece gift, valued at \$104, for absolutely FREE! Bring in this advertisement to Sears North Hill and you will receive an additional piece with your Gift!

Elizabeth Arden

Offer exclusive to Sears North Hill - 1616 14 Ave. NW • 403.289.7777 ext.283



Opposition claims conflict of interest in health probe

Alberta's opposition leaders are demanding Health Minister Gene Zwozdesky scuttle a review into health-care wait times because they believe he's in a conflict of interest.

The Wildrose Alliance and the NDP told the house in question period yesterday that Zwozdesky was junior health minister a decade ago, when some of the problems are alleged to have started.

Zwozdesky replied he had many job responsibilities at that time and pointed out the Health Quality Council has been given the green light to investigate, so he can't now tell it how or what to look into. The council is a panel of physicians and other professionals who examine problems in health care and make recommendations on how to fix them.

THE CANADIAN PRESS

Taxis in hydrant zones may get go-ahead

If all goes according to plan, a proposal to allow Calgary taxis to park in front of downtown fire hydrants will go before city committee next month.

Troy McLeod, the city's traffic manager, has been discussing the idea with numerous groups — including the Calgary Fire Department — and said all are willing to entertain the idea.

"It actually enhances the safety because the space is protected as opposed to open and accessible," he said of the proposal.

JEREMY NOLAIS



Star sings to dying woman

◆ Calgarian receives a special message from Michael Bublé ◆ 'I believed with all of my heart that this was going to happen,' says determined friend



KATIE TURNER CALGARY@METRONEWS.CA

Through 16 years of friendship, Lee Horbachewski said her best friend Sandra has given so much to her. Now Horbachewski has re-

paid the favour. Sandra, 44, was diagnosed with brain cancer in November and her condition has quickly deteriorat-

Horbachewski helped Sandra create a living will in January where she asked her what she wanted before she died.

"One thing that she was very clear about, she said, 'I'd love Michael Bublé to sing to me.'" When Horbachewski

When Horbachewski left the hospice Thursday, she said it was clear Sandra was in pain. "I just got in the car and

"I just got in the car and I said 'That's it. I'm doing whatever it takes."

From noon until 1 a.m., Horbachewski sent emails and made calls, asking for help in granting Sandra's wish. Less than 24 hours later, her phone rang. "When she said it's Jo

"When she said it's Jo from Michael Bublé's team, I just burst into tears," said Horbachewski.

Bublé had sent a video message to Sandra singing her a song and wishing her well.

"She can't speak or anything but ... you could see her eyes were wide open, which doesn't happen much as of late," said Horbachewski.

"It's something that will be etched in my heart for-

Sandra's wish

Michael Bublé recorded the video in Hong Kong, moments before hitting the stage to perform.

- 1 Horbachewski said listening to Bublé's Crazy Love album calms Sandra.
- 2 The link to Bublé's video message can be found at simpleeserene.com under recent posts.





Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D

The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small on why North American markets have been able to withstand volatility around the world. More at metronews.ca/ investing



Downtown Calgary is home to the second highest parking rates in North America. We are currently seeking City approval to build Calgary's first automated parking facility. By investing with Seventh Avenue Autopark Inc., not only will you be participating in ownership of Calgary's first fully automated parking facility, but you will be helping to revitalize and restore six historic properties in downtown Calgary.

For more information, please visit seventhavenueautopark.com



04

'Take this week to be aware'

- Internet safety, bullying initiative kicked off yesterday
- Intent is to prevent fighting, swearing and gossiping online



Taking part in Online Safety Week, deputy police Chief Trevor Daroux's message was simple: "The effects of

cyberbullying can be devas-

tating."
As the Stop Cyberbullying campaign kicked off at Southcentre Mall vesterday. Daroux had simple advice for the kids in the audience.

"Take this week to be

aware. Maybe that text message isn't the one you want to send because it can hurt somebody.

Kathleen Semple, 15, was in the audience and her concerns were more about safety.

"My phone number ended up on Facebook once, she said. "I didn't put it there — it must have been one of my friends — but I didn't feel safe even though only my friends can look at



all estimate they are online two hours each day.



BACHELOR OF APPLIED TECHNOLOGY PETROLEUM ENGINEERING

New in town? Open the door to the Alberta oil and gas industry with the Bachelor of Applied Technology Petroleum Engineering degree. It is specifically tailored to meet the needs of international students and recent immigrants who hold degrees and diplomas from outside Canada. And when you graduate you'll have over 800 hours of paid

Join us on Tuesday, March 15 at 7:00 pm in Room MA 109 in the Heritage Hall Building.

Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

CHEMICAL ENGINEERING TECHNOLOGY

Your formula for success starts here. In the Chemical Engineering Technology program you'll study engineering design calculations, unit operations, process simulation and control, and industry safety. Chemical Engineering Technologists are involved in designing equipment, chemical production, and oil & gas facilities.

Join us on Tuesday, March 15 at 7:00 pm in Room MA 106 in the Heritage Hall Building.

Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

PETROLEUM ENGINEERING TECHNOLOGY

Want a career you can really dig? In the Petroleum Engineering Technology program you'll be trained in all areas of the upstream petroleum industry from exploration, field operations, drilling, computer applications, economic analysis and reserves determination. From the office to the field, Petroleum Engineering Technologists are responsible for many of the technical activities involved in the production of oil and gas from conventional reserves, as well as from heavy oil and oil sands.

Join us on Tuesday, March 15 at 7:00 pm in Room MA 110 in the Heritage Hall Building.

Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

POWER ENGINEERING TECHNOLOGY

Get yourself an emPOWERing career. Power Engineers are graded from fifth class to first class, and there is a program available at SAIT to train you at all levels! Our Power Engineering Technology diploma arms you with the skills to become a third class power engineer through ABSA. Certified Power Engineering Technologists control large, complex power and process systems, and perform production work in the operation and development of large-scale energy projects such as oil sands, gas plants and electrical generating stations.

Join us on Tuesday March 15 at 7:00 pm in Room MA 112 in the Heritage Hall Building.

Call 403. 284.8451 or E-mail: energy.mse@sait.ca to confirm your attendance or for more information.

AVIATION PROGRAMS

Get your career started in the aviation industry in one of the following programs: Aircraft Structures Technician, Avionics Technology and Aircraft Maintenance Engineers Technology. Programs are offered at the state-of-the-art facility, the Art Smith Aero Centre, which is located near the Calgary International Airport.

Join us on Tuesday, March 15 at 7:00 pm at the Art Smith Aero Centre - 1916 McCall Landing NE.

Call 403.284.7018 or E-mail: aerocentre@sait.ca to confirm your attendance or for more information.





New bus route to airport launched

Calgary Transit launched a new express bus route to the airport yesterday — one of many additional transit services the city hopes to provide to YYC.

Mayor Naheed Nenshi rode the C-Train from Centre Street Station to McKnight-Westwinds Station yesterday, all while toting a suitcase, and then hopped onto Route 100.

"We're finally getting an express bus route to the airport, meaning that people will — for the price of one transit ticket be able to travel with only one stop from downtown all the way to the airport," said Nenshi.

"I think we'll see it become really well used on April 3. when Barlow Trail closes, because it will be a main alternative.'

Nenshi said Calgary

Employees

- Neil McKendrick, manager of transit planning, said the new route will not only serve travellers but the roughly 14,000 airport employees as well.
- McKendrick said around 800 passengers get on and off at the airport every day.
- "That's a big number for one stop and we know it's about 80 per cent airport employees, many of whom live in northeast Calgary."

Transit will continue to add service to the airport over time and said he hopes to see a direct line from downtown in the near future.

"It will be the first in a number of steps we're taking to make transit more accessible to the airport," he said before climbing onto the train.

"I'm also hoping that we will be able to experiment, hopefully this year, with an express bus straight from downtown without needing to take the train."

KATIE TURNER

Smartphones. Smart prices.

For a limited time, we've lowered our prices on some of the hottest devices on Canada's best network.



HTC® Desire Z™ smartphone

3-yr. term | No term

\$49^{95²} | \$499⁹⁵

SAVE \$450 with a \$50 voice and data plan



BlackBerry® Bold™ 9780 smartphone

3-yr. term

No term \$49^{95²} \$499⁹⁵

SAVE \$450 with a \$50 voice and data plan



available at the following Bell stores:
BANFF
Cascade Plaza
CALGARY
216 Saddletowne Circle
1002 – 17th Ave. S.W.
10003 – 107th Ave.
4801 Westveinds Bivd. N.E.
8900 Harvest fells Bivd.
8900 Harvest

Market Mall Marlborough Mall (kiosk) North Hill Shopping Centre (kiosk) Northland Village

Shawnessy Village Southcentre Mall Southcentre Mall (kiosk) Southpointe Shopping Centre South Trail Crossing

South Trail Crossing
Sunridge Mall
Sunridge Mall (kiosk)
Westbrook Mall
CANMORE
105 – 802nd Bow Valley Trail EDMONTON 3918 White Mud & 17th St.

12984 - 22nd St.
14988 Story Plain Rd.
18559 Stony Plain Rd.
18559 Stony Plain Rd.
Abbottsfield Shoppers Mall
Bonnie Doon
Capillano Mall
Edmonton City Centre
Edmonton City Centre (kiosk II)
Kingsway Mall
Kingsway Mall
Mill Woods Town Centre
Northack Centre

Northgate Centre Northgate Centre (kiosk) Sherwood Park Mall South Edmonton Common

South Edmonton Common South Park Centre Southgate Mall (kiosk) St. Albert Centre St. Albert Trail at 137th Ave. West Edmonton Mall West Edmonton Mall (kiosk)

West Edmonton Mall (kiosk)
Westmount Centre
Whyte Avenue at 107th St.
FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

LEDUC 4916 – 50th Ave. Park Place SmartCentres Lethbridge LLOYDMINSTER

LLOYDMINSTER
LIOYD Mall
MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall
PEACE RIVER
10032 – 100th St.

ROCKY VIEW Crossiron Mills Mall

ST-ALBERT 460 – 140th St-Albert Rd. WHITECOURT 3439 – 34th Ave.

SPRUCE GROVE

RED DEER Bower Place Shopping Centre Parkland Mall

Available at the following Bell stores:

Samsung Wave™ smartphone

3-yr. term | No term

\$29995

SAVE \$29995 with a \$50 voice and data plan

Visit a Bell store · 1 888 4-MOBILE (662453) · bell.ca



Also available at these retailers:













Nuclear crisis worsens as radiation leaks

▶ Japan warns people to stay indoors to avoid becoming sick ▶ Death toll from earthquake, tsunami rising

Radiation spewed early today from a crippled nuclear power plant in tsunami-ravaged northeastern Japan in a dramatic escalation of the four-day-old catastrophe, forcing the government to tell people nearby to stay indoors to avoid exposure.

In a nationally televised statement, Prime Minister Naoto Kan said radiation has spread from four reactors of the Fukushima Daichi nuclear plant in Fukushima province that was one of the hardest-hit in Friday's 9.0-magnitude earthquake and the ensuing tsunami.

"The level seems very high, and there is still a very high risk of more radiation coming out," Kan said.

This is the worst nuclear crisis Japan has faced since the atomic bombing of Hiroshima and Nagasaki during the Second World War. Kan warned there are dangers of more leaks and told people living within 30 kilometres of the complex to stay indoors to avoid radiation sickness.

Chief Cabinet Secretary Yukio Edano said a fourth reactor at the complex was on fire and more radiation had been released. That fire was later extinguished.

"Please close windows and make your homes airtight." THE ASSOCIATED PRESS

Aftershock

The nuclear crisis is the latest blow to a country still reeling from Friday's devastation.

- Hundreds of bodies have washed ashore along Japan's northeast coast.
- In Miyagi the police chief has estimated 10,000 deaths in his province alone.
- The government has streamlined the funeral process due to the number of deaths.
- Millions of survivors spent a fourth night with little food, water or heating.



An unwelcome house guest

A man has been charged in Newfoundland after an out-of-control pickup truck careened into a house, coming to a stop inside the kitchen. RCMP say two adults and three children were in other areas of the home in Southeast Placentia when the truck came crashing through on Sunday night. No one was hurt.

Mounties probe interference

The federal government has called in the RCMP to investigate political interference by a Conservative staffer in an access-toinformation request. Sebastien Togneri worked for Christian Paradis, THE CANADIAN PRESS

World Vision

Japan devastated by quake and tsunami



World Vision needs your help to provide immediate humanitarian relief to the children and families of Japan.

On Friday, north-eastern Japan was struck by a 9.0 magnitude earthquake – one of the most powerful earthquakes in recorded history – triggering a powerful tsunami. Thousands have lost their lives and entire towns have been washed away.

Children urgently need your help.

More than 200,000 children and families have been displaced. Children are spending bitterly cold nights in the open without food or water.

World Vision is there.

At this moment, our staff is on the ground, working to ensure that relief gets to those who need it most. Additional disaster response experts are on their way to assist in assessing and responding to the most urgent needs.

Please act now to protect lives!

To rush emergency supplies to the children and families of Japan who desperately need help now, call **I 800 654-2650** or donate now at **worldvision.ca**.

100719/4226379

World Vision is a Christian relief, development and advocacy organization dedicated to working with children, families and communities to overcome poverty and injustice. We serve all people regardless of religion, race, ethnicity or gender.

Donate now. Call I 800 654-2650 or visit worldvision.ca



Now you can customize your package with the new Shaw Plan Personalizer.

Introducing a new way to customize your Internet, TV and home phone services for new or existing customers: The Shaw Plan Personalizer. You start with our most popular plan featuring Extreme Internet, Personal TV and Personal Home Phone for \$99.90 per month guaranteed for three years. Then you personalize it by switching up options to suit your needs, like choosing TV theme packs and adding an HDPVR box for an extra \$10 per month." Value and Choice. You get it all with Shaw.

Build your plan at SHAW.CA/PERSONALIZER or call 310.SHAW.





DANIER

leather factory outlet



*ALL RED SALE AND YELLOW CLEARANCE TAGGED MERCHANDISE

LEATHER JACKETS

I FATHER BAGS AS LOW AS

LEATHER ACCESSORIES

DANIER LEATHER FACTORY OUTLETS ONLY 100% GENUINE LEATHER

SIGNAL HILL

5643 signal hill centre s.w. 403-240-1155

BEACON HILL CENTRE

11854 sarcee trail n.w.

403-241-2228

www.danier.com 1-877-9danier (1-877-932-6437)





Indian navy arrests pirates after fire fight

Pirates were carrying 80-90 small arms or rifles, some heavy weapons • 61 captured trying to flee hijacked ship

Five dozen pirates living on a hijacked ship serving as a roving pirate base jumped into the Arabian Sea yesterday after the Indian navy fired on the ves-sel in self-defence, the navy said.

The battle is the latest example of the piracy trade's turn toward increased violence.

A pirate in Somalia threatened Indian sailors and the government with targeted attacks in retaliation for the arrests.

The Indian navy said a patrol aircraft spotted the mothership Friday while responding to another vessel reporting a pirate at-

When the Indian ships closed in Sunday night, the pirates fired on them. The hijacked vessel caught fire when the Indian navy returned fire, the navy said.

The pirates had hijacked the Mozambique-flagged Vega 5 in December and had used it as a mothership. Indian sailors rescued 13 crew members from the Vega 5 Sunday night about 1,100 kilometres off Kochi in southern India, the statement said

THE ASSOCIATED PRESS

Pirate charges

The prosecution of five Somali men, who were sentenced to life in prison for attacking a U.S. navy ship off Africa's coast, was the first for piracy in nearly 200 years.

- The men were also sentenced yesterday to an additional 80 years in prison on other charges.
- Defence lawyers had argued the men were innocent fishermen.

VIRGINIA SHOOTOUT

Gunman kills two deputies

A sniper-like gunman hiding behind a tree on a wooded hillside in rural southwest Virginia killed two sheriff's deputies from long range with a high-powered rifle, and wounded two other officers.

After a manhunt, authorities caught up to the gunman, and police said he was shot to

death when he pulled a pistol on officers.

The suspected shooter, Randy Newberry, was discovered by police about two hours after the shootout. He was standing in a front yard talking on a cellphone with his back to the officers, ignoring orders to put his hands up.

The gunman turned around, drew a pistol and officers shot him. authorities said.

Sunday's shootout began when Buchanan County deputies went to investigate a suspected robbery at a salvage yard. THE ASSOCIATED PRESS

Convicts to aid in royal preparation

Convicted offenders will clean one of London's tube stations expected to be heavily used by visitors to the royal wedding in April.

The plan calls for offenders convicted of minor crimes to be put to work scouring the grimy Hyde Park Corner station in advance of the April 29 wedding of Prince William and Kate Middleton.

THE ASSOCIATED PRESS

Throng Limica time offer.

\$0 LG Shine Plus with Google. OMG!





LG Shine Plus™ with Google™

\$0* \$299.99 No term

SAVE \$299.99

Pair the LG Shine Plus™ with Google™ with a \$10 data add-on⁺ and socialize for less on Alberta's biggest* and fastest** 4G mobile network.

telusmobility.com/shine



TELUS AUTHORIZED DEALERS

CALGARY NORTHWEST

Dalhousie Station

Market Mall

North Hill Centre

Northland Village Mall

822 Crowfoot Cres. NW

NORTHEAST

Country Hills Town Centre

Crosslron Mills

Deerfoot Mall

Marlborough Mall

Pacific Place Sunridge Mall

1353 32nd Ave. NE

2520 23rd St. NE

2000 McKnight Blvd, NE

323 - 2555 32nd Ave. NE

SOUTHWEST

Bankers Hall

Bow Valley Square

Chinook Centre Southcentre Mall

Westbrook Mall

Westhills Towne Centre

6039 Centre St. S

835 17th Ave. SW 245 - 225 7th Ave. SW

16061 MacLeod Trail S

264 - 6100 MacLeod Trail S

1 - 4623 Bow Trail SW

203 - 321 6th Ave. SW

5 - 2008 33rd Ave. SW

SOUTHEAST

Dragon City Mall

Quarry Park

South Trail Crossing

TELUS Convention Centre

856 - 33 Heritage Meadows Way SE

288 42nd Ave. SE

7845 Flint Rd. SE 4410 50th Ave. SE

0040 474 4 ... 05

109S - 8500 MacLeod Trail S

4949 Barlow Trail SE

kotoks

181 - 31 Southridge Dr.

118 Elizabeth St.

trathmore

8 - 55 Wheatland Trail

103 - 331 3rd Ave.

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

▶ FUTURE SHOP.



Walmart >!<



Vicione

BIACK§

WEALTH WATCH

Net worth inches ahead

The net worth of Canadians rose 2.2 per cent in the last three months of 2010, thanks to a rebound in stock markets, Statistics Canada says. Still, the five to six per cent annual rate

0.16¢

(102.82¢ US)

1,000 cu ft \$3.951 US

(+ 6.2¢ US) Gold

(+ \$3.10 US

- 55.06 (13,619.19)

(\$101.19 US)

of growth is below the near 10 per cent gains that were the norm before the recession.

Household worth advanced to reach \$181,700 per capita, while Canadians' collective worth to-talled \$6.2 trillion at the end of 2010.

But Statistics Canada noted Canadians continue to take on debt, with the ratio of household debt to disposable income at a record 149 per cent. THE CANADIAN PRESS

like Rihanna

Uranium stocks hit as nuclear fears spread



Drop in share price 'driven by emotion': Cameco CEO Jerry Grandey

The world's largest uranium miner sought to allay concerns over the future of the global nuclear industry vesterday as trouble continued at a Japanese power plant damaged in last week's earthquake.

Cameco's shares took a beating on the Toronto Stock Exchange, tumbling nearly 13 per cent to close at \$31.70. It wasn't alone: Uranium One fell nearly 28 per cent and Denison Mines Corp. more than 22 per cent.

But even as Switzerland and Germany put the brakes on their nuclear programs, observers said China, India and Japan will likely continue to build nuclear plants, which means the uranium stock drops could be a buying opportunity for investors who believe the

"We at Cameco don't see a dramatic effect on the fundamentals of our uranium business."

IERRY GRANDEY. CAMECO CORP. CEO

world's nuclear energy demand will support the industry long-term.

As for the wider impact of the Japanese disaster, analysts predicted it will have little effect on the Canadian economy. In the long view, both global and Japanese gross domestic product will likely get a boost from the massive rebuilding effort, economists said, which means Canadian exporters of copper, oil, lumber and other materials stand to benefit. THE CANADIAN PRESS



Media has signed a deal to provide music and sound systems to 258 McDonald's restaurants in Poland. The company said the music will come from its Ear Candy catalogue which features tracks from composers and producers who have collaborated with Mariah Carey, Rihanna, and Justin Timberlake THE CANADIAN PRESS









With *Interac®* Online and *Interac* e-Transfer™, security is built into every click.

With Interac online services, your money is securely with you in two ways.

Interac Online lets you pay without sharing personal financial information or card numbers. Merchants don't need your banking information, because the money is transferred through online banking and the *Interac* network.

Interac e-Transfer (previously Interac Email Money Transfer) lets you electronically send or receive money without sharing personal financial information or account numbers. The money is transferred through online banking and the Interac network.

As part of Fraud Prevention Month, we remind you to always protect yourself online. For more information about both services, visit interac.ca today.



Everyday Simply®

APPOINTMENT FATIGUE OVERWHELMING



For the period of time between the end of university and landing a real job I didn't have any health insurance. So I did what every unpaid intern does — I stopped going to the doctor, the dentist and every other medical professional in an attempt to save money.

hen those benefits finally kicked in I started to take advantage in a big way. With the promise of financial reimbursement I began filling up my lunch hours, evenings and even weekends with a long

list of appointments. I didn't just schedule an annual checkup — I enlisted a diverse team of medical experts to poke, prod and examine every inch of me.

For more than a year I was under the impression there was

nothing wrong with me.
Now, there are an endless
number of reasons to visit
doctors, dentists, naturopaths
(because maybe Western
medicine doesn't have all the answers) and a whole range of specialists.

All of these appointments have to be painstakingly organized in my BlackBerry and colour coded in an agenda (yes, that near obsolete thing with paper pages) just in case my digital calendar malfunctions. My time management skills may be improving but I'm starting to develop serious appointment

fatigue.

Even my efforts to improve my own health — the high-intensity spinning classes, the backbreaking boot camp — necessitate more medical intervention. I have to recruit chiropractors and physiotherapists just to fix the damage I'm doing to myself.

My strict schedule of self-improvement has left me feeling overbooked and overwhelmed. Now, even the fun activities an occasional manicure, a day at the spa — have come to feel more like chores.

I have become my own Tiger Mom.

It seems the more I focus on taking care of myself, the more anxiety I feel.

And I know I'm not the only

The pressure to push

ourselves toward perfection means there is always something more we can be doing and, as a result, we're scheduling ourselves to the point of exhaustion.

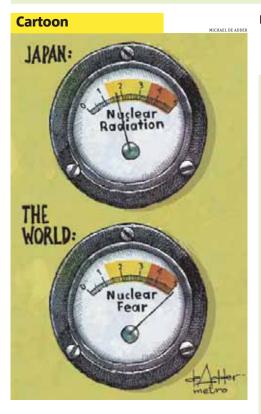
But taking care of yourself shouldn't feel like a full-time job. Claiming every penny of my insurance plan just because I can might actually be more unhealthy than skipping out on that annual checkup.

So I'm done with my tyrannical timetable for now — the only appointment left in my agenda is with an accountant.

Because you can always avoid the dentist but you can never, ever avoid your taxes.



Read more of Jessica Napier's columns at metronews.ca/shesays



Turning to web for news

Worth mentioning

The rapid growth of smartphones and electronic tablets is making the Internet the destination of choice for consumers looking for news, a report released yesterday said.

Local, network and cable television news, newspapers, radio and magazines all lost audience last year, according to the Project for Excellence in Journalism, a U.S. research organization that evaluates and studies the performance of the press. News consumption online increased 17 per cent last year from the year before, the project said in its



eighth annual State Of The News Media survey.

The percentage of people who say they get news online at least three times a week surpassed newspapers for the first time. It was second only to local TV news as the most popular news platform and seems poised to pass that medium, too, project director Tom Rosenstiel

said. Local TV news has been the most popular format since the 1960s, when its growth was largely responsible for the death of afternoon newspapers, he said.

People are just becoming accustomed to having the Internet available in their pockets on phones or small tablets, he said.

THE ASSOCIATED PRESS

What's your favourite sport to play? Email calgaryletters @metronews.ca Twitter @metrocalgary

Metro has the right to edit letters and submissions.

metr⊕

METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940

Advertising: 403-444-0136 • adinfocalgary@metronews.ca • calgary_distribution@metronews.ca

Publisher Steve Shrout, Managing Editor Darren Krause, Advertising Sales Manager Chris Mackie, Distribution Manager Dave Mak

METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Asst. Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Assist. Managing Editor Amber Shortt, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute with engraving culture

An artist showing a series of lithographs in Calgary will host a public talk tonight.

Kim Huynh, whose work is currently on display at the Artist Proof Gallery, will aim to challenge perceptions by exploring the relationships and themes of consumption, waste and self-awareness of both individuals and society as a whole.

For example, Huynh takes an item like pearls and classifies them both as a cultural commodity but also an ecosystem increasingly exhausted by the amount of toxicity in the human footprint.

Hunyh's talk is free to attend and will take place in the EMMEDIA screening room, located at No. 203, 351–11 Ave. SW.

METR













CAPTIVATE

BLACKBERRY® TORCH™ 9800

VISITA ROGERS STORE TODAY & SAVE UP TO AN

EXTRA \$100°FF*

ONLY UNTIL MARCH 31 AT ROGERS



VISIT A ROGERS STORE OR PARTICIPATING ROGERS AUTHORIZED DEALER.





2

From Wisteria Lane to neurosurgeon

scene

Scene in brief



Bryan Adams has confirmed that a dad at 51. Yesterday, Adams posted on his Twitter account that a report out of the U.K. is sort of correct (except for the 'friend' bit)." The Telegraph newspaper reported Sunday that Adams and his personal assistant Alicia Grimaldi are expecting a baby in May. Adams also tweeted out thanks for the kind wishes he's received. THE CANADIAN PRESS





◆ Dana Delany takes the lead in new TV series Body of Proof ◆ Like her character, the actress had an accident where she injured her hands



After three years of doing domestic battle with five other female leads on Desperate Housewives, Dana Delany is taking the lead in Body of Proof. Delany plays Megan Hunt, a brilliant neurosurgeon who turns to forensics after a car accident impairs the use of her hands.

How did this project come to vou?

It kind of came out of the blue. I was, you know, very happily on Desperate Housewives, and I got a call from the head of ABC saying, "We've enjoyed having you on Housewives but we don't know how much longer you're going to be on the show." And then he said, "But we have this other show we'd like you to think about." And I was kind of taken aback, but I'm not stupid. I saw the handwriting on the wall, so I thought, All right. Why not? Why not try it?

Is it true you have a strange connection to your character on this show?

I had a car accident right before we started shooting that was almost exactly like the show. It was a week before we started shooting. I was hit by a bus, and I had a concussion, and I broke two fingers. The bus driver asked me for my autograph after she hit me.

Did you give it to her?

No. (laughs) This is what she said. She said, "Didn't you see me coming?" I said, "Yeah, I saw you coming. You're a bus. I thought you were stopping." And she said, "I know who you are. Could I have your autograph?" (laughs)

You met with a real female neurosurgeon for research. What was her impression of the show?

She said it was really spoton, because to be a female neurosurgeon at my age would have been almost impossible. You could not really have a life except for that. And she said that she could not get into any medical school because she wanted to be a neurosurgeon. They said, "But you're going to want to get married and have kids, and you're not going to follow through. So we're not going to take you in." Finally she got one guy to write her a recommendation saying, "OK, she's smart. She's passed everything. I'll write it, but she is a woman." You know, it's all this "But she is a woman" kind of thing.

CELEBRATING 50 YEARS OF BUILDING THE BEST WITH THE ARLINGTON III

2,306 SQ FT FROM THE \$390s





View the floorplan and learn more at morrisonhomes.ca





Separating from Sterling

♠ Mad Men star John Slattery plays a similar character in The Adjustment Bureau and Lincoln TV ad



When John Slattery began playing the dashing and witty Roger Sterling on Mad Men, he had no idea that he was signing on to become Roger Sterling, quite literally. The man can't get away from the character.

Whether it's in his smooth narration of Lincoln car commercials or in his latest film, The Adjustment Bureau — in which he appears in a getup strikingly similar to that of the 1960s ad executive — Slattery and Sterling are more

and more becoming one and the same.

"I know. I say I have to be careful and it doesn't seem like I'm being careful," Slattery confesses, admitting that by taking jobs like the Lincoln gig and the role on Bureau, he might be pigeon-holing himself. But the role in The Adjustment Bureau — playing an employee of the mysterious Bureau, which tries to keep the world on its proper course — was too good to turn down.

"I'm sure it will be like,
'He's doing just another
version of Roger Sterling,'
but that's OK," he says. "It's
an interesting idea and I

liked the people that were going to be in it, I liked the script and the character."

script and the character."

Meanwhile, Sterling —
er, Slattery — is gearing up
for the fifth season of Mad
Men, though at press time
no contracts had been
signed, and typically this is
the time of year when
scripts are being composed.
But Slattery isn't worried.

"Everyone's optimistic that it's coming back, but deals haven't been worked out somewhere upstairs and so no one knows anything," he says. "I mean, maybe (creator Matt Weiner) has ideas, but I was just with him for a week and he hasn't said a thing to me."

The Borgias head to Bravo

The sexy new period drama The Borgias will air uncensored on Bravo next

Producers of the Canadian co-production say the sprawling miniseries will air day-and-date with Showtime in the United States beginning April 3.

The Borgias is set in 15th century Italy and traces the corrupt rise to power of Rodrigo Borgia, who became Pope Alexander VI.

Jeremy Irons stars as the patriarch, while Stratford festival veteran Colm Feore plays his arch nemesis Cardinal Della Rovere. Montreal's Francois Arnaud appears as Rodrigo's ruthless son Cesare.

ruthless son Cesare.
Joanne Whalley plays
Vanozza, the pope's longtime mistress and mother
of his children.



The Borgias debuts with a special two-hour episode. The co-production between Canada, Ireland and Hungary airs later this spring on CTV.

The nine-part, hourlong series was created and written by The Crying Game writer/director Neil Jordan. "Certainly there was salacious behaviour in the Vatican under the Borgias," Jordan said in a release. "But what's most interesting to me is the way in which power wears a religious cloak — and then becomes terrifying in its appetites."

THE CANADIAN PRESS

Lowest Long Distance Rates! No Matter Where you Call, No Matter What Rate you Pay, We'll beat it... Guaranteed! NEW LOW RATE INDIA Calling India at only 1 cent per minute. (Land and mobile included). 10/month = 1000 Minutes 10/month = 1000 Minutes







While Comwave strives for accuracy in our advertising. Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing interia. The India 1000 Bundle carnies a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

Usher sex tape up for bidding

There is reportedly a they insist Usher is defihomemade sex tape featur-ing R&B singer Usher and nitely the star. Sources close to the his ex-wife, Tameka floating

around Hollywood, ready to go to the highest bidder, according TMZ. Rep-

resentatives for the website sav they seen part of the video.



singer speculate that the video was stolen from his car in 2009, a break-in that resulted in Usher reporting more than \$1 million worth of items stolen. His have reps comment on

the existence of the video. METRO

Celebrity tweets



Paris Hilton [@ParisHilton]

Watching the news about the huge earthquake and tsunami in Japan. (My heart goes out to everyone in Japan. Praying for you all.



Kelly Osbourne [@MissKellyO] hahaha ha sorry

"driving me potty" is english slang it's like saying "driving



Conan O'Brien [AConanOBrien] Already filled out

my March Madness brackets. I picked "The King's Speech" over UConn.



Charlie Sheen [Acharliesheen] Curveball:

Warlock edict; pain & devastation in Japan demands us all to dig deep & LOVE THEM **VIOLENTLY** Dogspeed my cadres of the Far East!

Did Mila Kunis play a role in Justin's split?

• After many years as an item, Timberlake and Jessica Biel recently ended their relationship



Some insiders have been suggesting Mila Kunis played a major role in the recent split of Justin Timberlake and Jessica Biel. But the Black Swan ac-

tress is blameless in this one, according to People magazine.

Mila had nothing to do with their breakup. In fact, no one came between them. They decided their relationship ran its course, and it was time to move on," a source says, adding that Timberlake and Kunis are "not in a relationship. They star in a movie called Friends with Benefits, but they're just friends. That's it. They are not together.'

Talking points

Sheen absent from twins' birthday party

RESTRAINING ORDER. Charlie Sheen's twin sons, Max and Bob, celebrated their second birthday over the weekend with a lavish party - but without their dad, according to Us Weekly, Sheen is currently locked in a nasty custody battle with the twins' mom, Brooke Mueller, who has a restraining order out against the troubled former Two and Half Men star.

"Brooke seemed to have a good time, too, and was relaxed and

happy," said the source.
"She seemed focused
on her kids and nothing else. There was a lot of security outside at all times to make sure no uninvited guests got in. There was no sign of Charlie at the party.





domesticated?

Paris Hilton may finally be ready to settle down with her current boyfriend, nightclub owner Cy Waits, according to Hollyscoop. "I feel broody sometimes, Paris says of the idea of starting a family with

"I'd love kids in the future. Cv's the best boyfriend I've ever had. I'm so happy with him And despite them both being arrested in Las Vegas last fall, Hilton seems much more domesticated with Waits. @ METRO

Gyllenhaal can't even get privacy in the washroom

Things got a bit heated between Jake Gyllenhaal and a fan when the unidentified man tried to take Gyllenhaal's photo while in a men's room in Austin, Texas, according to Enter-

tainment Tonight. "That's true," Gyllenhaal said when asked about the encounter. "I think it's an appropriate space to keep privacy. I hope that people wouldn't disagree with me on that." Gyllenhaal was in town for the South by Southwest Festival, where his latest film, Source Code, was screening.

METRO

a landlord!



Country Hills Toyota Advertisement on

CORRECTION NOTICE

March 11, 2011

The disclaimer at the bottom of the ad, showed a downpayment of \$3,00. The correct downpayment should be \$3,000.

Metro regrets any confusion or inconvenience this error may have caused.

Service Directory

To advertise contact Blaine Schlechter at 403-444-0136



Visit metronews.ca to watch metratube of the day









2,306 SQ FT FROM THE \$390s





(403) 571-7760 ROGERS @

City Plaza (403) 263-7595 Okotoks (403) 995-9349 TD Square

CALGARY

Forest Lane Shoppi Centre (403) 248-6464 Millrise Plaza (403) 256-2015 Centre Street (403) 277-7750

Southwood Corner (403) 255-0202 Trans Canada

(403) 235-2121 Spring Hill Village

(403) 288-1441 London Place West **Shopping Centre**

(403) 246 7333 5244 Falsbridge Gate NE (403) 280-5533

5149 Country Hills Blvd NW

(403) 215-2500 Market Mall (403) 202-0200 Sunridge Mall (403) 280-5151 Chinook Centre

> (403) 253-0229 Southcentre Mall (403) 225-6593

North Hill Centre (403) 202-1801

(403) 275-3500

ROGERS @

«WIRELESSWAVE»

WIRELESS etc...

soný stýle







○ ROGERS™

COSTCO.

booth

Offer subject to change without notice. ±The Government Regulatory Recovery Fee ranges from \$1.96-\$3.45/line/month (varies by province and plan selected). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 'As compared to Rogers device only (no term) price. Early cancellation fees apply. "Available to new and existing customers with eligible Data Share plan (e.g., existing 6 GB \$30 plan not eligible for \$10/device/mo offer but is eligible for a \$30/device/mo offer). Full details at rogers.com/datashare. Max. 5 shared devices. Primary device must be a smartphone; each added device must be a mobile internet device (excluding Rocket Hub). Not all devices available at all locations. ©2011



SAMSUNG GALAXY S™ CAPTIVATE™

ROCKET™ STICK

SWITCH & GET THE **DATA** SHARE PLAN

ADDED TO THE PLAN

Finally, getting a cool new device doesn't mean you need another data plan. Introducing the Rogers Data Share Plan. Now you can share your smartphone data plan with your tablet, netbook and Rocket™ mobile internet stick, seamlessly and affordably.

ANOTHER FIRST. ONLY FROM ROGERS.

ROGERS

SAMSUNG GALAXY TAB™



Did you know?



The best time to brush your teeth is about an hour after eating.

After we eat, bacteria on the teeth make acid from the sugars in the food. The saliva has a natural ability to remineralize the teeth after this acid attack.

Waiting an hour after eating until you brush your teeth gives your saliva a chance to do its job of rebuilding tooth enamel.



Study suggests lower stroke risk ir women who drink at least a cup of iava a day

Healthy TEETH, healthy YOU

♠ Extend your life by 10 years by simply brushing your teeth ♠ If you're feeling bloated, a lack of dental hygiene could be to blame



Don't get down in the mouth.

Caring for your teeth and gums is as important to your overall health as exercising, not smoking and not overeating. If you are pregnant, it could even prevent pre-term birth.

"You can't have good overall health without good oral health," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry and director of the International Centre for Oral-Systemic Health in Winnipeg.

When you don't brush and floss properly, the biofilm (a layer of protein) on the teeth becomes loaded with bacteria.

The bacteria accumulates on the teeth and

causes swelling and destruction of gum tissue. Once that inflammation develops, it's not limited to the mouth. It contributes to whole body inflammation because the oral bacteria and molecules involved in swelling enter your blood stream.

This chronic inflammation in the body can make illnesses such as diabetes, atherosclerosis, heart disease, arthritis and colds worse, says Iacopino. It can also raise the risk in pregnant women that they will have premature labour or a low-birthweight baby.

He suggests brushing and flossing twice a day (morning and night). Even rinsing with mouthwash is better than nothing. "Poor oral health has been linked to serious systemic diseases and poor quality of life as one gets older. For best health and

enjoyment of life, pay attention to your oral health and make sure you do not have inflammation around your teeth." Common signs of oral problems are bleeding, loose teeth and constant bad breath. Iacopino suggests most people visit a dental professional for cleanings every six months. Highrisk people — people with heart disease, diabetes or pregnant women — should visit the dental of

Need more reason to take care of your mouth? Iacopino says, "Brushing and flossing have been linked to a 10-year increase in life expectancy."

fice more often.



A new study done in Pennsylvania has found that pregnant women who rinse with mouthwash have a lower risk of giving birth earlier than those who don't.

Other studies have found a link between gum disease and preterm birth.

"For pregnant women who can't brush or floss their teeth as something as simple as using an antimicrobial mouthwash once a day can significantly reduce the chances of adverse pregnancy outcomes (premature labour or low birth weight)," says Dr. Anthony lacopino, dean of the University of Manitoba faculty of dentistry.

© CELIA MILNE



Yi Acupuncture and Massage

taking you to relaxing environment, delivering the best knowledge and outcome

PhD acupuncturists

Chinese medical doctors

vears of practice

Weight loss

10+% loss in 1-2 course with natural way

Height increase under 22. high chance to grow

Quit smoking/drinking

Retinal Detachement

Children' myopia

years of experience from China

Depression

relieve symptoms without side effer

Infertility

Pain management

ast relieve pain, recover the muscle and joint

new location opening promotion:

\$50 off or one free massage per parkage

822 centre street NE 403-8506898/403-8006589

Good enough to make you say, 'buon appetito!'

OGuiseppe's Italian Market serves up pizzas, paninis, calzones & more

LUNCH RUSH

ANDREE LAU

FOOD@METRONEWS.CA



Business types, diners, and kids are welcome Giuseppe's

with its two-level seating, books and toys.

A deli, pizzeria, café and market in one, you order at one counter and pay at another.

While the dozens of cold and hot paninis were tempting, I was instantly drawn to the glowing pizza oven. With so many pie options, I went for the Seasons (\$10.99) Four which was quartered with different toppings.

The plain mozzarella corner showed off sweet



tomato sauce and a simple thin crust. Deliciously salty anchovies and capers. savoury home-cured mushand pepperoni rounded out the hot pizza.

Abundant grilled artichokes, red pepper and zucchini filled my companion's vegetarian panini (\$7.99).

Resisting the dessert counter by the cashier was a futile exercise. The tiramisu (\$4.99) was appropriately rich and creamy.

Guiseppe's Italian Market

1207 First St. S.W. 403-232-6230 Price range: \$4 (canoli) -\$13 (calzone) Rating: 3 out of 5





Looking to add spice to a weeknight meal? Try catfish and enjoy flavours of the South.

Preparation:

In a small bowl, combine paprika, oregano, thyme, onion and garlic powder, salt, black and cayenne peppers. Sprinkle both sides of fish with spice mixture. patting into fillets.

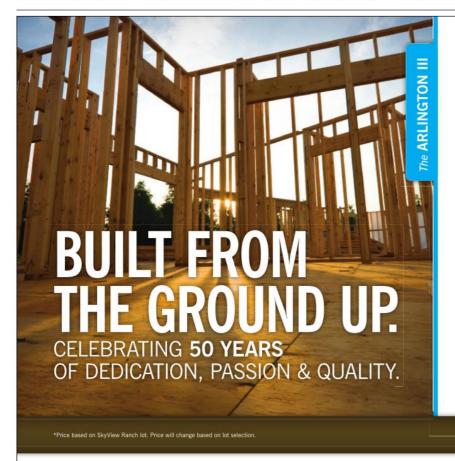
- · 2 tsp (10 mL) each paprika, dried oregano and thyme leaves
- 1/2 tsp (2 mL) each onion powder and garlic powder and salt

- In skillet, heat oil and butter over mediumhigh heat. When it begins to bubble, add fillets. Cook for 4 minutes per side or until fish flakes with a fork.
- Serve each fillet with a wedge of lemon for squeezing over top. CATFISHINSTITUTE.CA

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AU-THOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- ¼ tsp (1 mL) black pep-
- Pinch cayenne pepper 4 catfish fillets, 6 to 8 oz
- (180 to 250 g) each • 2 tsp (10 mL) olive oil
- · 1 tsp (5 mL) butter
- · 4 lemon wedges







\$396,480

We've been building Calgary from the ground up for 50 years.

To celebrate, we'd like to offer you the Arlington III. This 2,306 square foot home features three bedrooms, flex room, spacious master suite and ensuite, upper floor laundry and bonus room. Now that's a reason to celebrate

THE ARLINGTON III IS AVAILABLE IN: New Brighton & SkyView Ranch

morrisonhomes.ca



SINGLE PARENTS: DON'T LIMIT YOURSELF



How does a single parent date? And how are we supposed to scope out the other single parents at the park without looking like we're trying to pick up happily married spouses, and do all that without letting your child fall off the jungle gym? And once you're out with

someone — parent or not how much do you talk about your child? All questions, no answers.

Dear AQNA,

I'll focus on the jungle gym question since I still play on them. First priority is safety. I'd suggest a harness. Or maybe those leashes that make kids look like dangerous pets with rabies.

If this fails, you should be a sprint away from karate chopping a potential kidnapper, or resuscitating your child in the event of marble indigestion. While keeping a watchful eye, approach your prey from the side. No one likes people creeping up on them from behind. Crack some lame joke about parenthood. If he/she is decent, he won't laugh.

You'll chat about things like the quality of the sand in the sandbox, at which

point your target should mention something about his partner, and since you've kept it neutral, no one is embarrassed. Now you can make a graceful exit or network. After all, other parents can be a great source of play dates and even match you up with their hot, single and kidfriendly neighbour. Andrea

Dear AQNA,

When we're around other single parents, it's because we're with our own children, so the best you can do is hope that your kids will either play together or attack each other so that both parents have to intervene, and POOF! Cupid will strike. Except that only happens in movies.

Here's what not to do (I know because I've done it).

1. Don't limit yourself. There are non-parents out there who can care about your child almost as much as you do, simply because he/she is yours (although many single men suffer from what I call the "National Geographic effect" and react like animals in the wild, who would rather eat another male's child

than feed it). But they exist
— they're like the truffles
of the romantic world, a
rare delicacy

rare delicacy.

2. If you date a non-parent (Muggle?), let them know you have a child, but not in a defensive, "I eat bullets for breakfast" tone. Just remember that unless you want to talk about your date's job/pet/family all night, you shouldn't bore them with burp stories.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RE-LATIONSHIP ISSUES.



Names: Julien, 20, and Ashley, 21 Hometown: Toronto Together since: 2007

I (Ashley) met Julien in Fredericton where we were both living at the time. I actually met him through a friend who had recently ended a short relationship with him (they decided it would be best to just be friends).

LITERALLY LOVE AT FIRST SIGHT

At the time, I was looking for a photographer to do some headshots, and my friend suggested Julien.

I loved his work and immediately set a date for the shoot. That day, I met him outside of a '50s diner, and it literally felt like love at first sight, as cheesy as that sounds! My friend (a.k.a. his ex) joined us for the photo

shoot, and Julien and I kept flirting when she wasn't looking. But later that night, my friend admitted she still had feelings for him. I felt terrible!

But the more all three of us hung out together, the more she saw that he really liked me — and she realized she didn't like him "like that" anymore. One night, Julien and I chatted till 4 a.m., talking in a sort of code about how we really liked one other. But he finally asked me straight out if I would be his girlfriend. I said yes and we've been together ever since!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY





YW.CA | 100

Foods for 'functionality'



Intimacy goes beyond Valentine's Day, but realistically, you won't be spoon-feeding each other strawberries and whipped cream every night. Food Doctor lan Marber explains how to improve sexual "functionality," making sure you are always on top. It's a question of blood flow and speed.

GINGER: Helps thin out blood in the same way as aspirin and this way, increases blood flow.

GARLIC: Not the sexiest of ingredients, but one of the best foods out there. Garlic may leave you with bad breath, but its ability to clear out the arteries makes it a sexy super food.

TRUFFLES: Marber believes there is no such thing as an aphrodisiac. What it comes down to is our perception of food and what we consider to be "sexy". Find out more at his website, thefooddoctor.com

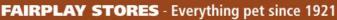


Whole Earth Farms adult formula for dogs, 35lbs - \$39.99

(a \$10.00 saving!)

Whole Earth Farms formulas were created as a truly holistic food at a value price, taking the best, healthy ingredients from the earth and mixing them into a delicious, daily meal.

Sale ends March 31/2011



2604 Kensington Road NW, Calgary · 403.283.2117 Mon - Fri: 9-6, Sat: 9-5:30, Sun: 12-5



CELEBRATING 50 YEARS OF BUILDING THE BEST WITH THE ARLINGTON III

\$390s

morrisonhomes.ca



Invest outside the box

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Perhaps you'd like to participate in the economic juggernaut of China.

You might also be feeling the siren call of India and the hard charging South Korea. And what about Latin America, which may be the next stock market big thing?

The problem investors face is wading through tens of thousands of stocks, ETFs and mutual funds in order to pick investments in those far flung places.

There is a better way. Take advantage of the strong loonie and don't stray from the United

Think of it as investing the way Arnold Swartzeneggar went on holiday in the movie Total Recall. He plugged into a machine that transported him around the galaxy. You



can do more or less the same thing with your investments.

Here's an interesting stat: Over 40 per cent of the revenue generated by companies in the S&P 500 Index comes from outside the United States.

According to RBC analyst Rajan Bansi, YUM, which operates the KFC brand in China, gleans roughly onethird of its revenues from that country alone.

Bansi also points out that McDonald's, long a global presence, earns over 50 per cent of its revenues outside the United States and Coke clocks in at 70 per cent.

You don't need to focus just on food and drink to get global exposure with U.S. companies.

Colgate-Palmolive, that staple of conservative investors, generates over 50 per cent of its revenues in countries other than the U.S.

An advantage to global investing through North America is that most of the large companies doing business around the globe also pay good dividends, which have proven to be quite stable over time.

Here's another benefit to investing globally this way. If you have concerns that the U.S. is still a long way from any kind of sustained recovery, companies with a large percentage of revenues generated elsewhere will be less vulnerable to any continued flatness or further decline in our southern neighbour's fortunes.

Money matters

Projected 2011 Gross Domestic Product Growth Rates

U.S. 2.6% India 8.3% China 9.6%

Fun and Frugal LESLEY SCORGIE MONEY@METRONEWS.CA



CLASSES AND TAXES

he most powerful student tax credit is for tuition. All students receive a T2202A form stating the amount of tuition paid in a year. Schools will either mail it to you or make it available through a secure online website. Without this form, you can't claim tuition and other valuable education credits like the Textbook Tax Credit. Scholarships or bursaries are tax free if your program qualifies.

Tuition and education credits must first be applied to your tax return to reduce tax payable to zero before transferring anything in excess to a parent, grandparent or spouse. You can transfer up to \$5,000 per year in credits. Anything extra is carried forward and cannot be transferred.

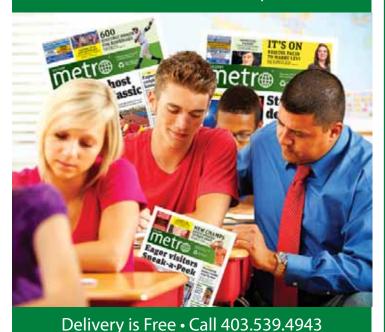
Full time students benefit from a Textbook Tax Credit of up to \$65 per month and \$20 per month for part-time students. Sadly this credit is not linked to the number or cost of textbooks purchased, which can cost thousands annually.

If you take public transit to campus, you can claim the Transit Tax Credit. But, ensure you keep your passes and receipts so that you can back up your claim. If you move more than 40 kilometers for a summer job, you can claim moving expenses against your employment income.

Even if you have zero income, you should file a 2010 tax return, which allows you to collect the GST/HST credit.

Visit the Service Canada website for more information at servicecanada.gc.ca.

Complement Your Curriculum with Metro Classroom Copies



david.mak@metronews.ca

PICK UP



DROP OFF

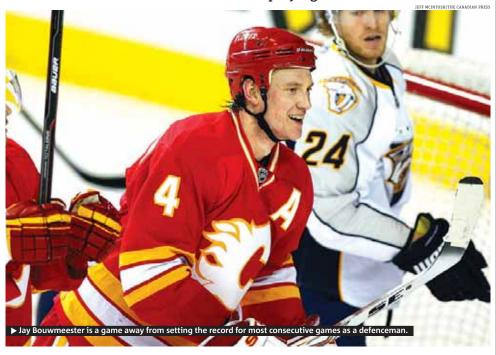
Look for the Pick up/Drop off cart downtown near your favorite Metro Promoter and drop off OR pick up a previously enjoyed copy of Metro Calgary!

Metro Calgary is a proud supporter of reading responsibly.

sports

495 games and counting

▶ Flames' Jay Bouwmeester is a game away from becoming NHL's iron-man defenceman ▶ Hasn't missed playing since before lockout



Flames preview

Coyotes at Flames 7:30 p.m. TV: TSN Radio: FAN 960



Phoenix (36-23-11) will try to sweep the season series after beating Calgary 3-0 last week. The Coyotes sit two points ahead of the eighth-place Flames.



It's a must-win game for Calgary (36-26-9), which is desperately clinging to a playoff spot. The Flames are one point ahead of Nashville in the West, but only two points back of fourth-place Los Angeles.

THE CANADIAN PRESS

If the milestone passes with little fanfare, that's fine with Jay Bouwmeester.

The Flames defenceman is a game away from setting the NHL record for most consecutive games at that position and he can reach 496 tonight versus Phoenix.

Bouwmeester was tied with Karlis Skrastins, a former Florida Panther teammate of Bouwmeester's now playing for Dallas, at 495.

Bouwmeester is not one to blow his own horn and does his best to stay out of the spotlight. But he can't duck the attention that is his due after playing almost 500 games without a break, especially with the minutes this lanky defender has logged during that streak.

"There's nothing really magical to it," Bouwmeester insisted yesterday. "Have some luck on your side and try and be smart out there."

The 27-year-old from Edmonton hasn't missed a game since before the lockout of 2004-05 when he was a Panther and sidelined with a broken foot.

Bouwmeester has reported for duty every day since then regardless of cold, flu or the nagging injuries that would sideline a player with a lower pain threshold

The off-season back surgery he had in the summer 2005 nearly caught up with him in 2005-06 because he wasn't able to do as much off-season preparation. But Bouwmeester persevered through the discomfort to lay the foundation for his current streak

"Everyone has their bumps and bruises," he said. "Sometimes guys will have an injury, more of a serious thing, and it can come back. I've been lucky that way. Touch wood and don't really think about it."

Bouwmeester needs a few unbroken seasons to get close to Doug Jarvis's iron-man record at 964 straight appearances. Jarvis played centre, sparking a debate over which position is most punishing.

"You can choose to not be physical as a forward, you can choose to not hit," pointed out Vancouver defenceman Keith Ballard, who was also once a teammate of Bouwmeester's in Florida.

THE CANADIAN PRESS

RESEARCH INC. CRIMINAL PARDONS/ U.S WAIVER NO FAULT DIVORCE DEBT COLLECTION

N SATURDAY BY

ACCESS

LEGAL

Strikeforce joins UFC stable

250 Strikeforce CEO Scott Coker says the San Jose-based promotion has around 140 fighters under contract. The UFC has more The UFC has added 140 more fighting recruits in its battle to go global.

its battle to go global.
Yesterday, UFC officials painted their purchase of Strikeforce as a bid to help meet the growing worldwide demand for mixed martial arts rather than swallow up another rival promoter as it did previously with Pride, World

Fighting Alliance and World Extreme Cagefighting

ing. UFC co-owner Lorenzo Fertitta said the UFC wants a larger presence in places like Europe, Asia and Australia.

"The U.K.'s a perfect example. Going to London one time a year, we're kind of shortchanging

that market," Fertitta told a media conference call. "We're working on the ability there to have a stronger presence in a meaningful way, up to eight, nine, 10 times a year."

Strikeforce is the No. 2 MMA promoter in North America behind the UFC. THE CANADIAN PRESS

Crosby back on ice for light skate

Penguins centre Sidney Crosby returned to the ice yesterday for the first time since missing 29 games with a concussion. But if you're looking for the Pittsburgh captain's return date, it's still anyone's guess.

"I have no clue," Crosby said. "I just want to get better. This is part of the way to do that. I'm just kind of taking that step and seeing how it goes."

Crosby, who last played on Jan. 5 in an 8-1 win over Tampa Bay, practised in full gear for about 15 minutes at the Consol Energy Center. It was a light workout with a skating drill around some cones, and a few shots on pet

"I've had some good days here the last few, and I was able to get on a bike and exercise a bit. I didn't have any symptoms doing that," he said. "I was given the opportunity to skate, the doctors said I could give it a try and see how I feel."

The Penguins, without Crosby and injured forward Evgeni Malkin (knee), have stayed afloat in the Eastern Conference playoff race. They sit just three points behind first-place Philadelphia.

Crosby also weighed in on the general managers' meeting underway in Florida. The GMs, under pressure to address headshots in the league, announced a new protocol vesterday.

new protocol yesterday.
"There's obviously got to
be some clarity," said Crosby.

"Everything's got to be looked at. It's a pretty fast game. There may be times when guys maybe don't (aim) for the head but come into contact with the head. What do you do in that situation?" THE ASSOCIATED PRESS

In the plan

Gary Bettman's plan to address concussions:

- Players displaying symptoms will be given a baseline test by a doctor in a quiet location before returning to the ice.
- Fines will be issued against teams and coaches with players who rack up a high number of suspensions.
- Safety engineers will ensure all NHL arenas conform to standards, including the elimination of seamless glass by next sea-
- League executive Brendan Shanahan will work with the NHLPA to expedite equipment modifications.
- A special committee will look at the concussion issue.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	68	42	19	4	3	219	182	91	21-10-2-2	21-9-2-1	4-4-2-0	L1
d-Washington	70	40	20	5	5	189	171	90	22-8-2-5	18-12-3-0	9-1-0-0	W8
d-Boston	68	38	21	4	5	205	164	85	16-12-3-2	22-9-1-3	6-3-1-0	L4
Pittsburgh	70	40	22	5	3	201	171	88	22-12-2-0	18-10-3-3	4-3-3-0	W1
Tampa Bay	70	39	22	4	5	210	211	87	22-9-1-4	17-13-3-1	4-4-1-1	W1
Montreal	69	38	24	4	3	184	172	83	21-8-3-3	17-16-1-0	7-3-0-0	W1
Buffalo	69	34	27	7	1	203	201	76	15-15-2-1	19-12-5-0	6-2-1-1	W1
NY Rangers	70	36	30	2	2	198	171	76	15-17-1-2	21-13-1-0	5-5-0-0	W1
Carolina	69	31	28	5	5	196	209	72	18-11-2-2	13-17-3-3	3-5-1-1	L4
Atlanta	69	29	28	5	7	194	222	70	14-14-2-5	15-14-3-2	4-4-1-1	W1

69 29 28 5 7 194 222 70 14-14-25 15-14-3-2 4-4-1-70 30 30 30 5 5 5 184 218 70 16-14-34 14-15-21 4-3-21 68 32 32 3 1 1 146 174 68 16-14-2-1 16-18-0-1 82-0-0 69 28 32 5 4 173 191 65 14-14-5-3 14-18-0-1 35-2-0 70 27 32 6 5 1914 20 65 16-15-14-11-75-1 4-2-0 69 25 35 5 4 157 215 99 11-18-2-3 14-17-3-1 6-40-0 WESTERN CONFERENCE

	GP	w	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Stri
d-Vancouver	70	45	16	4	5	229	165	99	23-7-1-4	22-9-3-1	7-3-0-0	W5
d-Detroit	69	41	20	5	3	227	199	90	18-11-3-2	23-9-2-1	4-4-1-1	W2
d-San Jose	70	39	23	4	4	197	183	86	18-11-2-3	21-12-2-1	5-3-0-2	L3
Chicago	70	38	24	3	5	232	197	84	22-14-0-0	16-10-4-4	7-1-1-1	W1
Los Angeles	69	39	25	3	2	192	168	83	20-11-2-0	19-14-1-2	7-2-1-0	W3
Phoenix	70	36	23	7	4	202	200	83	17-11-4-2	19-12-3-2	4-4-1-1	W2
Dallas	69	37	24	3	5	193	193	82	19-10-2-4	18-14-1-1	5-3-2-0	L1
Calgary	71	36	26	3	6	214	203	81	21-11-1-3	15-15-2-3	5-4-0-1	L2
Nashville	69	35	24	6	4	177	161	80	17-7-4-3	18-18-1-1	4-4-1-1	W2
Anaheim	69	37	27	3	2	195	202	79	21-12-1-1	16-15-2-1	5-4-1-0	L1
Minnesota	69	35	27	2	5	176	184	77	17-13-1-3	18-14-1-2	4-5-1-0	L2
Columbus	68	32	27	4	5	188	206	73	16-14-1-2	16-13-3-3	3-4-1-2	W1
St. Louis	69	30	30	4	5	193	207	71	20-12-1-3	11-17-3-2	4-6-0-0	L1
Colorado	68	26	34	7	1	191	239	60	14-17-4-0	12-17-3-1	1-8-0-1	L8
Edmonton	70	23	38	2	7	172	231	55	12-19-1-3	11-19-2-3	4-5-1-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. Boston at Columbus, 7 p.m. Washington at Montreal, 7 p.m.

Pittsburgh at Ottawa, 7:30 p.m. Philadelphia at Florida, 7:30 p.m.

Philadelphia at Horida, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.
Los Angeles at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Phoenix at Calgary, 9:30 p.m.
Tomorrow's games
Toronto at Carolina, 7 p.m.
Washington at Detroit, 7 p.m.
Colorada at Macquiyer, 110 p.m.

Colorado at Vancouver, 10 p.m.

wick Edm (interference) 16:44.

Third Period

Shots

stick) 16:37, Martin Pgh (cross-checking) 16:51.

Second Period 2. Pittsburgh, Talbot 8 (Dupuis, Lovejoy) 6:27

3. Pittsburgh, Staal 8 (Kennedy, Cooke) 18:56

Penalties — Kunitz Pgh (slashing) 8:09, Vandermeer Edm (cross-checking) 11:43, Strud-

Third Period
4. Edmonton, Jones 16 (Cogliano, Giroux) 1:11
5. Pittsburgh, Michalek 2 (Adams, Talbot) 7:52
6. Pittsburgh, Michalek 2 (Adams, Talbot) 7:52
6. Pittsburgh, Kunitz 20 (Weal, Kennedy) 16:11 (pp)
Penalties — Petry Edm (tripping) 4:48, Fleury
Pgh (delay of game; served by Rupp) 13:14,
Brule Edm (charging) 14:56.
Shots
Shots

Edmonton 2 11 16 —29 Pittsburgh 13 10 10 —33 Goal — Edmonton: Dubnyk (L,10-11-7); Pitts-burgh: Fleury (W,31-17-5). Power plays (goals-

chances) - Edmonton: 0-4; Pittsburgh: 1-6.

Referees — Mike Leggo, Brad Watson. Linesmen — Michel Cormier, Derek Nansen.

St. Louis at Anaheim, 10 p.m.

Last night's results Tampa Bay 6 Toronto 2 Chicago 6 San Jose 3 Minnesota at Vancouver Sunday's results Buffalo 6 Ottawa 4 Pittsburgh 5 Edmonton 1
Phoenix 5 Anaheim 2
Los Angeles 3 Dallas 2
Washington 4 Chicago 3 (OT) All times Eastern

Atlanta at New Jersey, 7 p.m. N.Y. Islanders at N.Y. Rangers, 7 p.m. **LIGHTNING 6, MAPLE LEAFS 2**

First Period

1. Tampa Bay, Thompson 8 (Purcell, Clark) 9:53 Penatities — Bergenheim TB, Kessel Tor (slashing) 341, Lundin TB (high-sticking) 6:23, Bergenheim TB (tripping), Grabovski Tor (unsportsmanlike conduct, diving) 7:27, Brew-er TB (interference) 19:58. Second Period 2. Toronto, Phaneuf 5 (Brent, Lupul) 5:12 3. Tampa Bay, Ritola 3 (Hall, Thompson) 9:25 4. Tampa Bay, Ritola 4 (Purcell, Clark) 12:34 5. Toronto, Kuelmin 26, 1437 6. Tampa Bay, Lecavalier 13 (Gagne, Purcell) 18:53 Penalty — Ohlum TB (delay of game) 15:18. Penalties — Bergenheim TB, Kessel Tor

- Penalty Ohlund TB (delay of game) 15:18. Third Period
- 7 Tamna Rav Moore 13 (St. Louis, Stamkos) 8:27 8. Tampa Bay, Lundin 1 (Stamkos, St. Louis) 14:32

 Penalties — None.

Shots Tampa Bay Toronto 13 10 13 -36 7 12 13 -32

Toronto 7 12 13 – 32 Goal (shots-saves) — Tampa Bay; Rolsson (W,20-22-3); Toronto: Reimer (L,13-7-4)(29- 34), Giguere (8:27 third, 7-6), Power plays (goals-chances) — Tampa Bay; 0-0; Toronto: 0-3. Referees — Mike Leggo, Don VanMassenhoven. Linesmen - Scott Cherrey, David Brisebois. **Att.** — 19,410 (18,819) at Toronto.

SUNDAY

PENGUINS 5, OILERS 1

First Period
1. Pittsburgh, Kunitz 19 (Kennedy, Staal) 19:25
Penalties — Omark Edm (hooking) 9:14, Jones
Edm (hooking) 11:31, Kovalev Pgh (holding

Third Period

Shots
Ottawa 16 13 9 -38
Buffalo 13 11 9 -33
Goal (shots-saves) - Ottawa: Anderson (1713), McElhinney (L,7-10-1)(2:10 second) (1614); Buffalo: Enroth (W,5-2-1), Power plays
(goals-chances) - Ottawa: 1-4, Buffalo: 0-2,
Referees - Paul Devorski, Marcus Vinnerborg,
Linescmen - Rad Kwarklik (Fore Deworski Linesmen — Brad Kovachik, Greg Devorski. Att. — 18,690 (18,690) at Buffalo.

Penalties — Hecht Buf (hooking) 17:42.

9. Buffalo, Boyes 16 (Pominville, Sekera) 8:16 10. Ottawa, Karlsson 12 (Spezza) 19:15 **Penalty** — Kuba Ott (hooking) 6:16.

Dutler Buf (cross-checking) 18:52.

SCORING LEADERS

	G	Α	P
D.Sedin, Vcr	37	52	8
Stamkos, TB	43	41	8
H.Sedin, Vcr	16	67	8
St. Louis, TB	26	55	8
Perry, Ana	36	39	7
Ovechkin, Wash	28	45	7
Kopitar, LA	24	46	7
Toews, Chi	29	40	6
Zetterberg, Det	18	51	6
Iginla, Cal	30	37	6
Crosby, Pgh	32	34	6
B.Richards, Dal	25	40	6
Sharp, Chi	34	30	6
C.Giroux, Pha	22	42	6
E.Staal, Car	29	34	6
Eriksson, Dal	23	40	6
Kesler, Vcr	34	28	6
Selanne, Ana	21	41	6
Ryan, Ana	32	28	6
Nash, Clb	29	31	6
Vanek, Buf	25	35	6
P.Kane, Chi	23	37	6
Havlat, Minn	21	38	5
Ribeiro, Dal	15	44	5
J.Carter, Pha	30	28	5
M.Richards, Pha	19	39	5
Tavares, NYI	25	32	5
J.Williams, LA	22 17	35	5
Getzlaf, Ana	22	40	5
Datsyuk, Det Heatley, SJ	22	34 34	5
J.Thornton, SJ	16	40	5
Visnovsky, Ana	14	42	5
Yandle, Phx	10	46	5
Briere, Pha	29	26	5
Tanguay, Cal	18	37	5
Backstrom, Wash	17	38	5
Lidstrom, Det	14	41	5
Krecji, Bos	10	44	5
Grabovski, Tor	27	26	5
Ladd, Atl	26	27	5
Clowe, SJ	22	31	5
Plekanec, Mtl	21	32	5
Lucic, Bos	29	23	5
Kessel, Tor	28	24	5
Marleau, SJ	27	25	5
MacArthur, Tor	20	32	5
P.Stastny, Col	20	32	5
Backes, StL	25	26	5
Duchene, Col	21	30	5
Last night's games not includ			_
jiic o jaineo not ilitiaa			

LACROSSE

WEST DIVISION

Calgary 17 Washington 13 **WEEK 11**

Edmonton at Calgary, 9:30 p.m.

All times Eastern

NLL

÷	EAST DIVISION							
i		GP	W	L Pct.	GF	GA	GB	
ŧ	Toronto	11	9	2.818	132	101	_	
÷	Buffalo	10	7	3 .700	110	93	11/2	
i	Boston	11	6	5 .545	117	102	3	
÷	Rochester	10	5	5 .500	93	107	31/2	
i	Philadelphia	11	4	7 .364	99	125	5	

GP W L Pct. GF GA GB Calgary 10 7 3 700 121 109 - 4 Minnesota 9 5 4 4556 102 98 1/4 Washington 11 5 6 455 146 135 2/4 Edmonton 10 2 8 2200 103 128 5 Colorado 9 1 8 111 80 105 5/4 Sunday's result

Att. — 18,197 (18,087) at Pittsburgh SABRES 6, SENATORS 4 First Period

1. Buffalo, Ennis 16 (Connolly, Sekera) 5:40 2. Ottawa, Spezza 14 (Karlsson, Gonchar) 8:52 (pp) 3. Buffalo, Vanek 25 (Gaustad, Weber) 12:26 3. Buffalo, Vanek 25 (Gaustad, Weber) 12:26
4. Ottawa, Greening 2 (Winchester, Spezza) 18:16
Penalties — C. Butler Buf (interference) 8:36, Sekera Buf (charging) 19:41, Karlsson Ott (diving, unsportsmanlike conduct), C.Butler Buf (hooking) 19:56.
Second Period
5. Buffalo, Ennis 17 (Connolly, Weber) 1:37
6. Buffalo, Gaustad 10 (Mancari, Vanek) 2:10
7. Ottawa. Spezza 15, 9:39

7. Ottawa, Spezza 15, 9:39

8. Buffalo, Gerbe 9 (Weber, Pominville) 14:34

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct	
Seattle	10	4	.714	
Detroit	13	7	.650	
Kansas City	10	6	.625	
Texas	9	7	.563	
Boston	10	8	.556	
Baltimore	8	7	.533	
Minnesota	9	8	.529	
Toronto	8	8	.500	
Los Angeles	8	10	.444	
Oakland	7	10	.412	
Tampa Bay	6	9	.400	
Cleveland	6	9	.400	
Chicago	6	10	.375	
New York	6	11	.353	

NATIONAL LEAGUE

	VV	L	PCC	
San Francisco	14	5	.737	
Atlanta	11	5	.688	
Colorado	12	6	.667	
Milwaukee	11	6	.647	
Philadelphia	12	7	.632	
Washington	10	6	.625	
Cincinnati	10	7	.588	
St. Louis	8	7	.533	
San Diego	8	8	.500	
New York	8	9	.471	
Chicago	8	11	.421	
Pittsburgh	8	11	.421	
Florida	5	11	.313	
Houston	6	14	.300	
Arizona	5	15	.250	
Los Angeles	5	15	.250	
NOTE: Split-squad games	count	in th	ne sta	n

NOTE: Split-squad games count in the stand-ings; games against non-major league teams do not. Yesterday's results Texas 5 L.A. Dodgers 4 San Diego 7 Chicago White Sox 6

Minnesota 9, Florida 0 Baltimore 8, Pittsburgh 2 St. Louis 1, Atlanta 1, tie, 10 innings Philadelphia 7, Houston 6 Colorado 3 Cincinnati 2 Colorado 3 Cincinnati 2 Seattle 5 Chicago Cubs 3 Milwaukee 12 San Francisco 8 Detroit 4, Washington 2 Cleveland 9 Oakland 8 Boston 2 N.Y. Yankees 1

Today's games All times Eastern

Houston vs. Baltimore at Sarasota, Fla., 1:05 p.m. Boston vs. Detroit at Lakeland, Fla., 1:05 p.m. Philadelphia vs. Toronto at Dunedin, Fla., 1:05 p.m Florida vs. Tampa Bay at Port Charlotte, Fla., 1:05 p.m Floridavs. Tampa Bayat Port Charlotts, Fla., 1:05 p.m. Atlanta vs. St. Louis at Jupiter, Fla., 1:05 p.m. Coloradovs. Chicago Cubs (ss) at Mesa, Ariz, 4:05 p.m. Cricago Cubs (ss) vs. Oaldand (ss) vs. Cat Surprise, Ariz, 4:05 p.m. Oaldand (ss) vs. K.C. at Surprise, Ariz, 4:05 p.m. Miliwaukoe vs. Cleve. at Goodyear, Ariz, 4:05 p.m. LA. Angels vs. San Disego at Peoria, Ariz, 4:05 p.m. Vash. vs. NVM at Port St. Lucie, Fla., 7:10 p.m. San Fan vs. Karizman Strategolar Ariz 4:05 p.m. Vash. vs. NVM at Port St. Lucie, Fla., 7:10 p.m. San Fan vs. Karizman Strategolar Ariz 4:05 p.m. San Fran, vs. Arizona at Scottsdale, Ariz., 9:40 p.m

CYCLING

TIRRENO-ADRIATICO At Macerata, Italy

Sixth stage 1. Cadel Evans, Australia, BMC, four hours 37 minutes 58 seconds: 2 Giovanni Visconti

minutes 58 seconds; Z. Giovanni Visconti, Italy, Farnese Vini, same time; 3. Michele Scarponi, Italy, Lampre, s.t.; 4. Vincenzo Ni-bali, Italy, Liquigas, s.t.; 5. Ivan Basso, Italy, Liquigas, s.t.; 6. Wouter Poels, Netherlands, Vacansoleil, s.t.; 7. Stefano Garzelli, Italy, Ac-qua & Sapone, s.t.; 8. Robert Gesink, Nether-lands, Rabobank, s.t.; 9. Philippe Gilbert, Bel-gium, Omega Pharma-Lotto, s.t.; 10. Tiago Machado, Podrual, Padischaef, va. Machado, Portugal, Radioshack, s.t. Overall standings

(after six of seven stages)

(after six of seven stages)

1. Cadel Evans, Australia, BMC, 27 hours 26
minutes 33 seconds; 2. Michele Scarponi, Italy,
Lampre, nine seconds behind; 3. Ivan Basso,
Italy, Liquigas, 0.12; 4. Robert Gesink, Netherlands, Rabobank, 0.15; 5. Vincenzo Nibali,
Italy, Liquigas, 0.21

EASTERN CONFERENCE

x-Boston	47	18	.723	_			
y-Chicago	47	18	.723	_			
x-Miami	46	21	.687	2			
Orlando	42	25	.627	6			
Atlanta	38	28	.576	91/2			
New York	34	31	.523	13			
Philadelphia	34	32	.515	131/2			
Indiana	28	38	.424	191/2			
Charlotte	28	38	.424	191/2			
Milwaukee	26	39	.400	21			
Detroit	23	44	.343	25			
New Jersey	22	43	.338	25			
Toronto	18	48	.273	291/2			
Washington	16	49	.246	31			
Cleveland	12	53	.185	35			
WESTERN CONFERENCE							

	W	L	Pct	GB
x-San Antonio	54	13	.806	_
Dallas	47	19	.712	61/2
d-L.A. Lakers	47	20	.701	7
d-Oklahoma City	43	23	.652	101/2
Denver	40	27	.597	14
New Orleans	39	30	.565	16
Portland	37	29	.561	161/2
Memphis	37	31	.544	171/2
Phoenix	33	32	.508	20
Utah	34	33	.507	20
Houston	34	34	.500	201/2
Golden State	30	36	.455	231/2
L.A. Clippers	26	42	.382	281/2
Minnesota	17	51	.250	371/2
Sacramento	15	49	.234	371/2

d – division leader; x — clinched playoff berth; clinched division

y — clinched division.
Last nights results
New Jersey 88 Boston 79
Oklahoma City 116 Washington 89
Memphis 105 L.A. Clippers 82
Denver 114 New Orleans 103
Miami 110 San Antonio 80
Houston 95 Phoenix 93
Philadelphia at Utah
Golden State at Sacramento
Orlando at LA. Lakers
Sunday's results
Charlotte 95 Tomonto 90 Sunday's results
Charlotte 95 Toronto 90
Boston 87 Milwaukee 56
Golden State 100 Minnesota 77
Indiana 106 New York 93
Oklahoma City 95 Cleveland 75
Orlando 111 Phoenix 88
Tonight's games
All times Eastern
New York at Indiana 7 n m

New York at Indiana, 7 p.m. Milwaukee at Atlanta, 7 p.m Washington at Chicago, 8 p.m. Dallas at Portland, 10 p.m.

CRICKET

WORLD CUP

GROUP A

	MP	W	Т	L	NR	Pt
-New Zealand	5	4	0	1	0	8
-Sri Lanka	5	3	1	1	1	7
-Australia	4	3	0	0	1	7
akistan	4	3	0	1	0	6
'imbabwe	4	1	0	3	0	2
anada	5	1	0	4	0	2
Cenya	5	0	0	5	0	0

GROUP B

	MP	W	Т	L	NR	F
India	5	3	1	1	0	
South Africa	4	3	0	1	0	
West Indies	4	3	0	1	0	
England	5	2	1	2	0	
Bangladesh	4	2	0	2	0	
Ireland	3	1	0	2	0	
Netherlands	4	0	0	4	0	
x — clinched berth in quarter-finals.						

x — clinched berth in quarter-fina Yesterday's results At Chittagong, India Bangladesh vs. Netherlands At Kandy (Pallekele), Sri Lanka Pakistan vs. Zimbabwe

Sunday's results At Mumbai, India

New Zealand (261 for nine) def. Canada (358-6) by 97 runs.

At Bangalore, India

Australia (324-6) def. Kenya (264-6) by 60

TENNIS

ATP-WTA BNP PARIBAS OPEN At Indian Wells, Calif.

At Indian Wells, Calif.
Sunday's result
Men's Singles — Second Round
Milos Raonic, Thornhill, Ont., def. Mardy Fish
(13), U.S., 7-5, 6-4.

Yesterday's results
Men's Singles — Third Round
Rafael Nadal (1), Spain, def. Ryan Sweeting,

Rafael Nadal (1), Spain, def. Ryan Sweeting, U.S., 6-3, 6-1. Philipp Kohlschreiber (32), Germany, def. Robin Soderling (4), Sweden, 7-6 (3), 6-4. Robin Soderling (4), Sweden, 7-6 (3), 6-4. Robin Soderling (1), Spain, 4-6, 6-2, 6-4. Juan Martin del Potto, Argentina, def. Alexander Dolgopolov (20), Ulraine, 7-6 (3), 6-3. Tommy Robredo (25), Spain, def. Donald Young, U.S., 6-0, 6-4. Mers Doubles — Second Round Novak Djokovic and Viktor Troicki, Serbia, def. Lukasz Kubot, Poland, and Oliver Marcah (7), Austria, 6-4, 4-6, 10-7. Women's Singles — Third Round Caroline Wozniacki (1), Denmark, def. Maria Jose Martinez-Sanchez (28), Spain, 6-1, 6-3. Victoria Azarenka (8), Belarus, def. Urszula Radwanska, Poland, 7-6 (3), 6-3. Agnieszka Radwanska (9), Poland, def. Maria Agnieszka Radwanska (9), Poland, def. Maria Agnieszka Radwanska (9), Poland, def. Maria Agnieszka Radwanska (9), Poland, def. Maria

Radwanska, Poland, 7-6 (3), 6-3.
Agnieszka Radwanska (9), Poland, def. Maria Kirlienko (24), Russia, 6-0, 2-6, 7-5.
Alisa Kleybanova (22), Russia, def. Flavia Pennetta (13), Italy, 6-3, 6-4.
Maria Sharapova (16), Russia, def. Aravane Rezai (26), France, 6-2, 6-2.
Women's Doubles — Second Round
Sania Mirza, India, and Elena Vesnina, Russia, def. Iveta Benesowa and Barbora Zahlavova Strycova (7), Czech Republic, 6-2, 6-3.
Klaudia Jans and Alicja Rosolska, Poland, def. Chuang (Lhia-Jung, Taiwan, and Alexandra Dul-Chuang Chia-jung, Taiwan, and Alexandra Dul-gheru, Romania, 6-1, 4-6, 10-5.

ATP TOUR MONEY LEADERS

(all figures in U.S. dollars)	
1. Novak Djokovic	\$2,588,3
2. Andy Murray	\$1,122,5
Roger Federer	\$778,3
4. David Ferrer	\$768,5
Robin Soderling	\$674,0
6. Nicolas Almagro	\$419,5
7. Andy Roddick	\$400,5
8. Tomas Berdych	\$389,4
9. Alexandr Dolgopolov	\$355,8
10. Stanislas Wawrinka	\$330,9
11. Jo-Wilfried Tsonga	\$315,1
12. Milos Raonic	\$314.9

GOLF

MEN'S WORLD RANKING

1. Martin Kaymer	GER	8.2
2. Lee Westwood	ENG	7.84
3. Luke Donald	ENG	6.7
4. Graeme McDowell	NIR	6.3
5. Tiger Woods	USA	6.14
6. Phil Mickelson	USA	5.99
7. Paul Casey	ENG	5.93
8. Rory McIlroy	NIR	5.63
9. Matt Kuchar	USA	5.3
10. Steve Stricker	USA	5.37
11. Dustin Johnson	USA	5.24
12. Jim Furyk	USA	4.97
13. Ernie Els	SAF	4.9
14. Ian Poulter	ENG	4.5
15. Nick Watney	USA	4.5
16. Francesco Molinari	ITA	4.5
17. Bubba Watson	USA	4.3
18. Hunter Mahan		4.2
19. Retief Goosen	SAF	4.28
20. Robert Karlsson	SWE	4.19

SOCCER

PORTUGAL

IIGA Yesterday's result Leiria 0 FC Porto 2

SPAIN

LA LIGA

Yesterday's result Getafe 2 Athletic Bilbao 2

CELEBRATING 50 YEARS OF BUILDING THE BEST TH THE ARLINGTON

2.306 SQ FT FROM THE



THE ARLINGTON III IS AVAILABLE IN:

New Brighton & SkyView Ranch

View the floorplan and learn more at morrisonhomes.ca



Crossword

1 Mideast gulf 5 Coasted 9 — Na Na 12 Son of Jacob and Leah 13 Top-rated 14 Glutton 15 2010 ballet movie 17 "- Town" 18 Smooch 19 "Turandot," e.g. 21 Wan 24 Impale 25 String instrument 26 Urged 30 Mess up 31 19-Across solos 32 Atmosphere 33 Fidgety 35 Farm fraction 36 Historic times 37 Distorted 38 "— on a true story 40 Johann Sebastian

42 "Yecch!" 43 Topic that's over and done with 48 Pair 49 Grooving on

50 Autumn tool 51 Witness

52 Untouchable Eliot 53 Kuwaiti leader

Down

1 Priestly vestment 2 Atl. state 3 Gabor or Peror 4 Jefferson's on it

5 Lip 6 Depressions

13

8 Means 9 One who gives you a 10 Day portion 11 Taj Mahal city 16 Relatives 20 Chum 21 State 22 Beget

23 Good luck symbol 24 Hot tubs 46 Tackle moguls 26 Enrages 47 Always, in verse

27 Wrong (Pref.)

28 Limerick's land

29 Sketched

34 Uno, due, -35 On the beach 37 Interlaken interjed tion

38 Unopened flowers 39 Chills and fever 40 Belfry fliers 41 Commotions 44 Away from WSW 45 Aries

▶ Weekend's answer

14

17

32

45 46 47

28

E	Y	E	D		1	R	S		Н	U	R	T
М	Α	R	1	A	C	Н	1		0	Р	U	S
S	W	Е	Α	Т	В	0	Х		В	0	N	A
			D	0	M		Т	A	N	Ν	Е	B
В	L	E	E	P		T	Υ	C	0			
В	Α	L	М		С	Α	S	Н	В	0	Х	
C	0	М		м	Α	R	1	E		G	1	N
	S	0	Α	Р	В	0	X		G	R	1	P
			K	Α	Α	Т		Т	Н	E	1	R
М	Е	N	1	Α	L		Α	R	E			
1	T	E	M		1	D	1	0	Т	В	0	X
S	C	A	В		S	0	L	1	Т	Α	R	Y
-	1.1	n	0			0	0	2.5	~	37	-	7

Sudoku

	4	1					5	
9					1		6	
6			9		3	1		
	1			3		7		5
3		8		6			2	
	6.	9	1		5			4
	8		4					7
	2					5	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

5 2 9 4 3 5 7 1 2 9 8 6 8 6 1 4 3 7 9 5 2 9 7 1 2 5 6 3 8 6 9 8 3 2

3 8 2

Caption contest

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Honeybon, in anytime and in any date, here for you my Valentine today and the rest of the year too. Happy Not-Valentine Day babe. Love you much. YOUR COCONUT (THE ORIGINAL 1)

Michelle M. I do love you. I think of you every day. TIM

Honey! Over the past year and a half, we have grown so close and I cant imagine being with anyone else. I Love you with my whole heart. And I love being A Squared KISS KISS

Mr. Mikhailovski: Morals and Responsibility. Loyalty and Family ties. Honour and Betrayal - You have showed me valuable life lessons and for this I love You.

Today's horoscope

T Aries March 21-April 20 Take life as it comes today, and

leave yourself plenty of time for social activities. Friends will pop by when you least expect them, so don't tie yourself down to too many things.

Taurus April 21-May 21 With Venus, your ruler, aspecting career planet Saturn, you will be assertive today. You know what you want, you know how to get it and you won't let anything stand in your way.

II Gemini May 22-June 21 If you are the kind of Gemini who thinks about the meaning of life, you will discover something of interest over the next 24 hours. It may sound a bit wacky but don't dismiss it out of hand. There's wisdom there.

Gancer June 22-July 22 Anxieties you thought you had dealt with will return in unexpected ways today and tomorrow. If you face up to them honestly, you'll find out why they have reappeared. Then they'll be gone for good.

Ω Leo July 23-Aug.23 You'll be faced with more than one situation today that challenges you to think about the way you deal with people with whom you live and work. What you need to learn is that compromise is a necessity.

TP Virgo Aug. 24- Sept. 22 Cosmic activity in the area of your chart that governs your work and your wellbeing will make it easy for you to adapt to rapidly changing situations.

Lh	9.	Α	н	1	A	C	Н	1.		O	М	U	5
8	ŝ	W	Е	Α	Т	В	0	X		В	0	N	Α
				D	0	M		Т	A	N	Ν	Е	R
E	3	L	E	E	P		T	Υ	C	0			
E	3	Α	L	М		C	Α	S	Н	В	0	X	
0	;	0	M		М	Α	R	1	E		G	1	N
		S	0	Α	Р	В	0	X		G	R	1	P
L				K	Α	A	Т		Т	Н	E	1	R
N	٨	Е	N	1	Α	L		Α	R	E			
		Т	E	М		1	D	1	0	T	В	0	X
8	5	C	A	В		S	0	L	1	Т	Α	R	Y
Б	-	н	R	0		М	G	S		0	Υ	F	7

look at the weather

TODAY Min -4°
Max 11°

WEDNESDAY Min 1° 2 Max 7

THURSDAY Min -9 Ö: Max 7

7 5

8 9 5 4

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

"What?

There's a Timmies

down there?'

DERIK



For today's crossword answers and for expanded horoscopes, go to metronews.ca

your ruler, makes an excellent aspect to Saturn in your sign today, and while it may not be true to say that anything is possible, most things undoubtedly will be. Be selective in your ambitions.

M Scorpio oct. 24-Nov. 22 The most important thing today is that you resolve any differences of opinion you have with loved ones. You may dis agree on minor issues but overall you are still on the same wavelength.

→ Sagittarius

Nov. 23-Dec. 21 Travel is on your mind and even if you can't get away right now, you'll be make ing plans for summer. Make plans for loved ones, too.

り Capricorn Dec. 22-Jan. 20

You have started many new things recently, but you need to decide which of your projects is worth continuing. The more focused your energy, the more successful you will be.

Aquarius Jan. 21-Feb. 18 Venus in your sign makes a perfect angle to Saturn, planet of stability, today. One particular relationship is about to become more meaningful to you. Stop denying you were made for each other

)-(Pisces Feb. 19-March 20 Your imagination will get the better of you today, and that's not a bad thing. You do some of your best work when you shut out the "real" world. SALLY BROMPTON

You WIN! write it!

> Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro



Canadian Legal Resource Centre Inc. CALL NOW!! MON-SAT DAYTIME & EVENING APPOINTMENTS 403.229.2774 FREE CONSULTATION

UNCONTESTED DIVORCES

www.canadianlegal.org

CRIMINAL RECORD? Canadian Pardons • US Travel Waivers **Fingerprinting**

Years Experience • Voted #1 Paralegal Why Pay More?



2,306 SQ FT FROM THE \$390s MORR&SON 5 morrisonhomes.ca



Adventure!

Teach English Overseas TESOL Certified in 5 Days

In-Class or Online No Degree Required!

1.888.270.2941

lob Guaranteed!

Next in-class course: April 13th - 17th Next Seminar: March 29th @ 7pm ww.globaltesol.com





AIR CANADA 🏶 VACATIONS





Happy St. Patrick's Day

GREAT DEAL ON A HOT PACKAGE TO THE CARIBBEAN | AIR, HOTEL & TRANSFERS • 1 WE



MEXICO | Los Cabos Royal Solaris Los Cabos All Inclusive Resort & Spa ⊕⊕⊕⊛ All-Inclusive • Deluxe rm. • May 7 - 28

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS

DOMINICAN REPUBLIC | La Romana via Toronto Gran Bahia Principe La Romana ⊕⊕⊕⊕⊕ PRIVILEGES All-Inclusive • Junior suite • Apr. 9 • 1 wk.

DOMINICAN REPUBLIC | Punta Cana via Toronto Occidental Grand Punta Cana 🏵 🏵 🏵

All-Inclusive • Junior suite • Apr. 4 • 10 nts.

CUBA | Varadero

Sirenis La Salina Varadero Beach Resort *** All-Inclusive • Standard rm. • May 7 - June 18 • 1 wk.

CUBA | Varadero

Meliá Varadero *** PRIVII EGES

All-Inclusive • Standard rm. • May 1 • 6 nts.

GRENADA via Toronto

Grenadian by rex resorts ⊕⊕⊕€ All-Inclusive · Hillside rm. · Apr. 2 & 9 · 1 wk.

\$1249

\$1499

MEXICO | Puerto Vallarta Canto del Sol Plaza Vallarta ** All-Inclusive • Standard rm. • Apr. 23 • 1 wk.

MEXICO | Los Cabos

Barceló Los Cabos Palace Deluxe
PRIVILEGES All-Inclusive • Junior suite deluxe • May 7 - 28 • 1 wk.

COSTA RICA | Liberia via Toronto

Occidental Grand Papagayo *** All-Inclusive • Deluxe rm. • Mar. 24, 27 & 31 • 1 wk.

JAMAICA via Toronto

Gran Bahia Principe Jamaica *** PRIVILEGES All-Inclusive • Junior suite • Apr. 5 - 7 & 11 - 14 • 1 wk.

BAHAMAS | Nassau via Toronto Breezes Bahamas @@@ Super-Inclusive® • Deluxe oceanview rm. • Apr. 25 • 1 wk. ^{\$}1059

\$1089

\$**1439**

\$1919

MEXICO

AIR, HOTEL & TRANSFERS • 1 WEEK

MEXICO | Cancun/Riviera Maya Occidental Grand Xcaret *** All-Inclusive • Deluxe rm. • May 14 & 21

MEXICO | Puerto Vallarta

Dreams Puerto Vallarta Resort & Spa ***

Unlimited-Luxury® • Deluxe oceanview rm. • Apr. 2 & 9



USA | AIR & HOTEL • 3 NIGHTS

NEVADA | Las Vegas

Circus Circus Hotel & Casino ***

Hotel tower rm. • May 9 • RECEIVE 2 TICKETS TO CIRQUE DU SOLEIL AND MORE

NEVADA | Las Vegas Treasure Island *** Deluxe rm. • May 16

\$549

EUROPE | CAR BUY-BACK WITH RENAULT



ADVANTAGES WITH RENAULT

- A brand new Renault, guaranteed
- Unlimited mileage
- Deductible-free, comprefensive insurance
- No local taxes, no airport taxes, no daily taxes

2 flights to Paris by March 31

Renault Car Buy-Back for 17 days at

INTERNATIONAL CRUISES | AIR & CRUISE • BOOK any Air & Cruise package before Apr. 15 and EARN 2,500 BONUS AEROPLAN® MILES²



Norwegian Cruise Line WAVE SALE³

Book any Air & Cruise

ROOM UPGRADE up to 4 categories

+ GET \$4

in rehate coupons

CONNECT FREE · Cranbrook · Edmonton · Fort McMurray · Grand Prairie · Kamloops · Kelowna · Lethbridge · Nanaimo · Penticton · Regina · Saskatoon Fly in style - Upgrade to Executive Class® service or Comfort Plus seating on select flights





AirCanadaVac

aircanadavacations.com Call 1866 529-2079 or your travel agent

Eyeglasses are expensive.

But do they need to be?



For just \$38

you get the same **Designer Glasses**with lenses and coatings included.

Only available online at **ClearlyContacts.ca**

